

## School programs for physical activity to prevent obesity

Literature review updated April 2012.

As part of WSIPP's research approach to identifying evidence-based programs and policies, WSIPP determines "what works" (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [technical documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

**Program Description:** Programs in school that aim to increase children's physical activity and reduce sedentary behaviors include increasing knowledge about the benefits of physical activity; incorporating physical activity in the classroom with short periods of movement, exercise, dance, etc., interspersed between academic lessons; or increased time, frequency, and/or intensity of the physical education curriculum. Typically these programs are taught by classroom or physical education teachers who receive brief (< 1 day) training to deliver the intervention. The evaluations usually compare these programs to the standard health education and physical activity curriculum, which also provide opportunities to exercise and contain content on the importance of physical activity.

### Meta-Analysis of Program Effects

Outcomes measured	Primary or secondary participant	No. of effect sizes	Unadjusted effect size (random effects model)		Adjusted effect sizes and standard errors used in the benefit-cost analysis					
					First time ES is estimated			Second time ES is estimated		
			ES	p-value	ES	SE	Age	ES	SE	Age
Body mass index (BMI)	Primary	12	-0.068	0.049	-0.056	0.027	12	-0.056	0.027	22

### Citations Used in the Meta-Analysis

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